



Press Release/Public Service Announcement

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FOR IMMEDIATE RELEASE
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SPAR TO OFFER FREE "COMPONENTS OF FITNESS AEROBICS"

SHREVEPORT, LA, October 28, 2010: Shreveport Public Assembly & Recreation (SPAR) has issued a challenge to the public to "Receive the Victory of Healthy Living" by getting fit. The free "Components of Fitness Aerobics" will be offered each Saturday at A. B. Palmer Community Center, 547 East 79th Street from November 6, 2010 to February 6, 2011.

The fitness training will include exercise, aerobics and Zumba. Guest instructors will offer their expertise in different disciplines. Female classes will be from 11:00am to 12:00pm for ages 8 and up. Male classes are from 12:00 to 1:00pm, also for ages 8 and up. All are encouraged to take advantage of these free fitness classes.

SPAR Superintendent of Recreation Nick Robberson states "We seek to positively impact the health consciousness throughout the City of Shreveport by offering 10 weeks of aerobics, Zumba and nutritional

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education free. Many of our loved ones suffer from obesity and the lack of fitness."

For more information contact Nick Robberson, at 318.673.7872 or visit www.mySPAR.org.